

# Gluten Sensitive Menu

Variety for all. *It's a family thing.™*



For guests who do not have Celiac Disease, a lifelong inherited autoimmune condition, but do have gluten sensitivity or prefer to avoid gluten. Jason's Deli is not a gluten-free environment.

**Please notify your Order Taker if you are gluten-sensitive.**

## Soups

Organic Vegetable 190 cal bowl/140 cal cup  
Tomato Basil 510 cal bowl/330 cal cup  
Fire Roasted Tortilla 210 cal bowl/160 cal cup

## Salads

**Garden-Fresh Salad Bar**  
Just select your ingredients, and we will prepare it for you! *Request no pasta, croutons, breads or crackers.*

Add a protein\* 70-240 cal  
Add some soup 140-550 cal

**Mesa Chicken Salad 490-860 cal**  
Grilled, 100% antibiotic-free chicken breast, mixed salad greens, cheddar, grape tomatoes, chopped avocado, roasted corn and black bean mix, jalapeño ranch.

**Nutty Mixed-Up Salad 430-770 cal**  
Grilled, 100% antibiotic-free chicken breast, organic field greens, feta, grapes, cranberry-walnut mix, organic apples, balsamic vinaigrette.

**Chicken Club Salad 590-1100 cal**  
Grilled, 100% antibiotic-free chicken breast, sliced avocado, grape tomatoes, cheddar, Asiago, bacon, mixed salad greens, ranch.

**The Big Chef 520-1030 cal**  
Nitrite-free ham and roasted turkey, Asiago, grape tomatoes, cheddar, kalamata olives, hard-boiled egg, mixed salad greens, ranch.

## Potatoes

**The Plain Jane® 1770/1020 cal**  
Cheddar, sour cream, butter, bacon, green onions.

**Pollo Mexicano 1320/840 cal**  
Grilled, 100% antibiotic-free chicken breast, cheddar, sour cream, butter, pico de gallo, Southwest spices.

**Texas Style Spud® 1520/880 cal**  
Chopped pit-smoked beef brisket, barbecue sauce, cheddar, butter.

**BBQ Chicken Spud 1390/930 cal**  
Grilled, 100% antibiotic-free chicken breast, barbecue sauce, cheddar, butter.

## Sandwiches

Gluten-free sandwich bread is available (*extra charge*) on any of our sandwiches, excluding Muffalettas.

## Kid's Meals

**Kid's Baked Potato 670 cal**  
Butter, bacon and cheddar.

**Chicken Tenders 240 cal**  
Gluten-free, 100% antibiotic-free, boneless, breaded chicken breast. Served with ketchup.  
**Parents Note:** If you have gluten-sensitive kids, please tell your order taker.

**Grilled Cheese 450/480 cal**  
American cheese, *request Gluten Free Bread (extra charge).*

**Ham & Cheese Sliders 320 cal**  
Nitrite-free ham, American cheese, *request Gluten Free Bread (extra charge).*

**Turkey & Cheese Sliders 330 cal**  
Nitrite-free turkey breast, American cheese, *request Gluten Free Bread (extra charge).*

## Desserts

Udi's® Snickerdoodle 210 cal  
Chocolate or Vanilla Ice Cream 210 cal (*no cone*)  
Chocolate syrup topping, too! 100 cal

## Sides

Chips or baked chips 150/100 cal  
Pickle 5 cal  
Blue corn chips & guacamole 410 cal  
Blue corn chips & salsa 250 cal  
Blue corn chips & roasted red pepper hummus 420 cal  
American potato salad 510 cal  
Roasted corn & black bean salad 240 cal  
Steamed veggies 60 cal  
Fresh Fruit Cup 60-140 cal  
Fruit dip 150 cal

2,000 calories a day is used for general nutrition advice, but calorie needs may vary. Additional nutrition information available upon request.

\*Eggs are served medium. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may result in an increased risk for foodborne illness.

Jason's Deli is not a gluten-free environment. If you are gluten-sensitive, please request gluten-free preparation when you order. Please be advised that all of our foods are prepared in a common kitchen and that Jason's Deli cannot guarantee that cross-contact with other gluten-containing products will not occur. As a result, we cannot recommend this for persons with Celiac Disease. Our gluten-free offerings are designed for those with gluten sensitivities or those who prefer to avoid gluten for nutritional reasons. Ask for our Gluten-Sensitive Menu.